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#Thread on Sri Rudram

The text of Sri Rudram is drawn from Krishna Yajurved, one of the four Veds.

Sri Rudram is divided into two parts - the Namakam and the Chamakam.



Namaka lays stress on virakti (detachment) whereas Chamaka dwells on desires for this and that. What is to be discarded and what is to be desired?

"NA" means no, while "MA" means want. I don't want anything, I don't want anything is the first half.

Sri rudrapraSna:

|| ~namakam ||

Om, agni-hOthrAth-manE a~nggushTAB-yA~n'

~nama: |

dharSa-pUrNa-mAsAth-manE tharjanIB-yA~n'

~nama: |

cAthur-mAs-yAthmanE maDHyamAB-yA~n'

~nama: |

~nirUDa-paSuba~nDHATH-manE anAmikAB-yA~n' ~nama: |

jyOthishtO-mAthmanE kanishTikAB-yA~n'

~nama: |

sarva(k)-krathvAth-manE kara thala kara

pru\shTAB-yA~n' ~nama: |

agni-hOthrAth-manE hru\dhayAya ~nama: |

dharSa-pUrNa-mAsAth-manE SirasE svAha |

cAthur-mAs-yAthmanE SiKAYai vashat(\) |

~nirUDa-paSuba~nDHATH-manE kavacAya hum

jyOthishtO-mAthmanE ~nEthra(th)-thrayAya

vaushat(\) |

sarva-krathvAth-manE asthrA-yaPat(\) |

BUR-Buva:(s)-suvarOm-ithi dhigba~nDHa: ||



While the second half, chamakam means I want. I want indicates being full of desires. What do they desire? Oh Bhagwan, grant us pure air; grant us good drinking water; bless us with good food.



Rudram Namakam Chamakarm

A shlok defines Sri Rudram very beautifully: "Among all sources of knowledge, the Vedas are supreme. In the Vedas, Sri Rudram is supreme. In the Rudram, the Panchakshari mantra (namah Shivay) is supreme & in Panchakshari mantra itself, the two syllables 'Siva' is supreme!"



The benefits of chanting Sri Rudram are

- Rudra drives away negative energies.
- Helps us to sail this ocean called life smoothly.
- Removes Ignorance, and helps us to realise our true selves.

- Provides a protective shield against diseases, devils and monsters etc.
- Destruction of enemies, for begetting children and for acquiring Wealth.

#HarHarMahadev■